



2022 FALL WELLNESS EVENTS

The Teamsters Local Union No. 731 Wellness Program will be conducting three on-site Wellness Events in October. The Fund will be offering Biometric Screenings as well as Flu Shots at each event.

Participants are eligible to receive a health assessment, comprehensive blood test, blood pressure screening, flu shot, nutrition information, access to a pharmacist as well as other onsite healthcare professionals to answer questions. Women over the age of 40 will also receive thyroid testing. All men will receive a PSA test. This year, we are again providing basic stroke screenings and skin health screenings.

Where and When (Registration will close for each event once capacity is met):

Teamsters Local 731 Union Hall, 1000 Burr Ridge Pkwy, Burr Ridge, IL 60527

- Saturday, October 8, 2022 - 7:00 A.M. until 12:00 P.M.
- Saturday, October 15, 2022 - 7:00 A.M. until 12:00 P.M.
- Saturday, October 22, 2022 - 7:00 A.M. until 12:00 P.M.

It's Easy to Sign up:

- To Register for the screening, go to app.chcw.com and follow the steps to register.
- **New Participants:** Enter in program code **5356Tea154** in the "New Participants" box and select "Register." Follow the prompts to register and sign up for a screening.
- **Returning Participants:** Log in with your CHC username and password. On your Wellbeing Journey page, select the "Join the New Wellness Program" card and enter code **5356Tea154**. Complete the cards on your Journey page to successfully register for the screening.
- If you need assistance, kindly call **(866) 373-4242** to sign up for your screening via telephone.
- When registering for the on-site screening, follow the prompts to select the Date and Time for your biometric screening and flu shot appointments. You will then complete your Health & Lifestyle Survey.

This is a Fasting Test!

For the most precise results, you must fast 10-12 hours before testing. You cannot eat but may drink black coffee or tea (no cream or sugar). If you are on prescription medication, please take your medication as instructed by your physician. If you are diabetic or hypoglycemic, consult your physician for fasting instructions. Be sure to drink plenty of water.

FREE Stroke Screening for Eligible Members and Spouses!

This screening visualizes the buildup of fatty blockage in the carotid arteries. The majority of strokes and heart disease are caused by this blockage and unfortunately, it is a silent, progressive condition. The best way to detect this treatable condition is with ultrasound screenings. Appointments for this screening only can be made by calling Health Gauge at (877) 732-8258, or you can schedule your appointment online at <https://teamsters731.hgscreenings.com>. **NOTE: Appointments for your blood draw and stroke screening must be made separately.**

Free Skin Health Screenings!

Did you know that skin cancer is the most common type of cancer in America? Luckily, it is easy to treat when it's caught early. That's why in just a few minutes and at no cost to you, you can get your skin screened without going to the doctor! If you screened last year, come on back to make sure nothing's changed. Bring your insurance card and visit the SkinIO booth!

UNABLE TO MAKE IT TO ONE OF OUR ON-SITE EVENTS?

There are other ways to participate in the Wellness Program if you are unable to make it to one of our on-site events.

- **SCREENING THROUGH A LOCAL LAB:** VISIT A LAB BY DECEMBER 31, 2022.
 - When registering for the screening, select the “Test at a Lab” option. After completing registration and your Health & Lifestyle Survey, print or display on your telephone the two lab forms at your local LabCorp Facility. *Note: Blood pressure readings may not be available at all LabCorp locations. Please select "Employee Wellness with Body Measurements" when visiting www.labcorp.com to find the facility nearest you.*
- **PHYSICIAN FORM:** VISIT YOUR DOCTOR AND SUBMIT YOUR RESULTS NO LATER THAN DECEMBER 31, 2022.
 - When registering for the screening with CHC Wellbeing, select the “Physician Form” option. After completing registration and your Health & Lifestyle Survey, print and take the form to your physician and have them fill it out. Upload your results to your CHC portal by logging in to app.chcw.com and clicking the “Upload Your Results” button OR via facsimile to CHC at (847) 437-2775.

NOTE: To qualify for a \$400.00 Wellness incentive in 2022, test results must be from blood drawn between 01/01/2022 and 12/31/2022. Test results from 2021 will not be considered or qualify for the 2022 incentive. If you have already received your \$400.00 wellness incentive in 2022, you will not qualify for another one in 2022.

By participating in the Wellness Program, you will also receive \$0.00 co-pays for all drugs and services through 12/31/2023 related to:

- Diabetes
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Heart Disease (CAD)
- Hypertension
- Hyperlipidemia
- Congestive Heart Failure (CHF)
- Asthma

Wellness Program participation in 2022 will cover your \$0.00 co-pays for the remainder of 2022, and all of 2023, so long as you are eligible under the Plan. If you are currently receiving this valuable benefit because you participated in 2021, and do not participate again in 2022, your \$0.00 co-pays will end on 12/31/2022.

OFF-SITE FLU SHOTS: As always, you can visit your local pharmacy and present your prescription drug card (EmpiRx) to receive your flu shot at a time and location that works best for you and your family, at no cost to you. If you prefer to get your flu shot in your physician’s office, you may also do that as well. Just present your BCBS insurance card at the time of service.

If you have any questions regarding the Wellness Incentive, the \$0.00 co-pays or how the Wellness Program operates, kindly contact the Fund Office at (630) 887-4150.

YOU HAVE UNTIL DECEMBER 31, 2022 TO COMPLETE YOUR BIOMETRIC SCREENING TO EARN YOUR \$400.00 WELLNESS INCENTIVE FOR 2022

THERE IS NO COST TO YOU*

**Available at no cost for all covered Members and spouses - paid for by the IBT Local 731 Health & Welfare Benefit Funds*

NOTE: YOUR RESULTS ARE 100% CONFIDENTIAL